



Transcript from May 25, 2010 to May 26, 2010

All times are Pacific Time

May 25, 2010

- 1:00 pm fitcityindy: She's back! Registered dietitian Annessa Chumbley will be our Indy Fit Chat guest tonight! Be here at 7pm ET & look for #indyfitchat.
- 3:20 pm kidshealthtips: RT @fitcityindy Join us & @Flourish_Girl TODAY at 7pm ET on #indyfitchat! She's back to answer your Qs and share #nutrition info. Pls RT
- 3:50 pm fitcityindy: #indyfitchat is for YOU! Send a DM w/your questions for reg. dietitian Annessa Chumbley. Then join us 2nite at 7 ET for the chat.
- 3:52 pm JenStringer10: RT @fitcityindy. Send @fitcityindy your questions for reg. dietitian Annessa Chumbley. Then join #indyfitchat 2nite at 7 ET.
- 3:57 pm lisavielee: RT @fitcityindy: Send your questions @ healthy eating for reg. dietitian Annessa Chumbley. Then join us 2nite at 7 ET for #indyfitchat.
- 4:01 pm JenStringer10: @fitcityindy. Q for 2nite's #indyfitchat: Besides water, what healthy drinks are good to have on hand for kids during the summer?
- 7:25 pm CMV420: Be sure to join @fitcityindy & @Flourish_Girl for #indyfitchat tonight @ 7pm ET and get your questions answered #fitness #nutrition
- 7:54 pm barbberg: RT @fitcityindy: Registered dietitian Annessa Chumbley will be Indy Fit Chat guest tonight! Be here at 7pm ET & look for #indyfitchat.
- 8:37 pm OnTrackFitness: Join @fitcityindy & @Flourish_Girl tonight at 7pm EST on #indyfitchat! She's bck to answer your Q's & share #nutrition info!
- 10:05 pm OnTrackFitness: Join @fitcityindy at 7pm for their #indyfitchat! All about #nutrition.
- 10:40 pm fitcityindy: #indyfitchat with @Flourish_Girl will begin in 20 minutes. There?s still time to send in your questions on how to eat healthy this summer.
- 10:57 pm Flourish_Girl: ready to talk nourishing tips on #indyfitchat! Listen in....or do a LOT of talking! Come join us and get ready for health food cravings!
- 10:58 pm OnTrackFitness: RT @Flourish_Girl: ready to talk nourishing tips on #indyfitchat! Listen in! Come join us and get ready for health food cravings!
- 11:00 pm fitcityindy: Almost time! Follow #indyfitchat using the Twitter Search feature, or through TweetGrid Search: <http://tweetgrid.com/search?q=indyfitchat>
- 11:01 pm fitcityindy: Welcome @Flourish_Girl back to #indyfitchat! Last time she shared grocery store survival tips. Tonight she?ll talk healthy summer eating.
- 11:02 pm fitcityindy: Remember, be sure to introduce yourself to the group and add #indyfitchat to your comments so we can all see your questions & comments
- 11:04 pm fitcityindy: First Question: What are some healthy drink options for kids in the summer? Water just doesn?t do it most of the time. #indyfitchat
- 11:05 pm OnTrackFitness: glad to be here #indyfitchat
- 11:06 pm OnTrackFitness: How about Gatorade? #indyfitchat

pm

11:07 pm Flourish_Girl: Your kids will LOVE what I call "fruit water." I make up a big pitcher of filtered water, and put chunks of fresh or... #indyfitchat

11:07 pm Flourish_Girl: frozen fruit and let it flavor the water with ice and fruit--it's delicious! #indyfitchat

11:08 pm fitcityindy: Welcome back @OnTrackFitness! Great night for an #indyfitchat

11:08 pm Flourish_Girl: Can also put fresh water in a sippy cup with a strawberry chunk in it:) ...or frozen berries. #indyfitchat

11:08 pm lisavielee: What a great idea! RT @Flourish_Girl: frozen fruit and let it flavor the water with ice and fruit--it's delicious! #indyfitchat

11:09 pm Flourish_Girl: Citrus water, or slices of cucumber work well in water too! Cucumber sounds strange, but makes the water sweet! #indyfitchat

11:09 pm OnTrackFitness: thanks, glad to be here! RT @fitcityindy: Welcome back @OnTrackFitness! Great night for an #indyfitchat

11:10 pm Flourish_Girl: Gatorade is great if you're out sweating buckets, b/c it replenishes electrolytes...or if you're doing an aerobic workout longer #indyfitchat

11:10 pm JenStringer10: RT @lisavielee: What a great idea! RT @Flourish_Girl: frozen fruit and let it flavor the water with ice and fruit--it's delicious! #indyfitchat

11:10 pm OnTrackFitness: RT @Flourish_Girl: Your kids will LOVE what I call "fruit water." I make a big pitcher of water & put chunks of fresh or... #indyfitchat

11:10 pm Flourish_Girl: 60 minutes. SO, only for electrolytes that are being used, not electrolytes sitting on the sofa!! Hehe! #indyfitchat

11:11 pm OnTrackFitness: RT @lisavielee: What a great idea! RT @Flourish_Girl: frozen fruit & let it flavor the water with ice and fruit--delicious! #indyfitchat

11:11 pm Flourish_Girl: Or you could do gatorade or powerade zero. I also love propel! #indyfitchat

11:11 pm JenStringer10: hi #indyfitchat Just caught your suggestion to add cucumbers to water for a summer drink. I'll give it a try.

11:12 pm CMV420: @Flourish_Girl: ill have to try that fruit water sound like a great idea! #indyfitchat

11:13 pm fitcityindy: Will you try the strawberries in a sippy cup too? @JenStringer10 #indyfitchat

11:13 pm OnTrackFitness: That's good to know, I love propel too! RT @Flourish_Girl: Or you could do gatorade or powerade zero. I also love propel! #indyfitchat

11:13 pm Flourish_Girl: @jenstringer10, YES! Add cucumber and maybe fresh mint...REALLY good! #indyfitchat

11:14 pm Flourish_Girl: Make your own natural lemonade-- fresh lemons squeezed in fresh icewater, and sweeten with Agave nectar. #indyfitchat

11:15 pm OnTrackFitness: I'll have to try that, sounds refreshing! RT @Flourish_Girl: @jenstringer10, YES! Add cucumber & maybe fresh mint REALLY good! #indyfitchat

11:16 pm OnTrackFitness: @Flourish_Girl Where can you get Agave nectar? I've heard of it but never seen it. #indyfitchat

11:16 pm fitcityindy: Let's move on to Q2: What are healthy snacks for when the sun's still out & kids are hungry at 9 pm? #indyfitchat

11:17 pm Flourish_Girl: @ontrackfitness Almost anywhere now! I get a big bottle at Whole foods, but I've even seen

pm walmart carry it! It is a sweet- #indyfitchat

11:18 pm Flourish_Girl: Avage nectar is a natural sweetener that doesn't raise the blood sugar like table sugar or HFCS does. Metabolized like fruit! #indyfitchat

11:18 pm OnTrackFitness: Watermelon is something my mom always fed us in the summer. delicious, health & easy to eat. #indyfitchat

11:18 pm SMSgt_Daggett: 9pm? - Water and a bed :) perhaps a piece of fruit. #indyfitchat

11:19 pm fitcityindy: RT @Flourish_Girl: Agave is natural sweetener that doesn't raise blood sugar like table sugar or HFCS. Metabolized like fruit! #indyfitchat

11:19 pm Flourish_Girl: FIRST- don't make nighttime snacks a sweet fest. You'll develop a habit for your kids that will last their whole lives... #indyfitchat

11:20 pm Flourish_Girl: and you don't know if your kid will be susceptible to emotional eating! #indyfitchat

11:20 pm fitcityindy: Welcome @SMSgt_Daggett to the #indyfitchat. What is your favorite fruit?

11:21 pm Flourish_Girl: Here's a couple of fun ideas: FROZEN YOGURT POPS. = 4 ingredients: boiling h2o, SF jello, a banana, and LF vanilla yogurt! #indyfitchat

11:21 pm OnTrackFitness: RT @Flourish_Girl: Avage nectar, a natural sweetner that doesn't raise blood sugar like table sugar or HFCS. #indyfitchat

11:22 pm Flourish_Girl: You can even add a scoop of protein powder. A shout out to our buddies at @ontrackfitness! #indyfitchat

11:22 pm OnTrackFitness: RT @Flourish_Girl: FIRST- don't make nighttime snacks a sweetfest. U'll dvelop habit for ur kids that'll last their whole lives #indyfitchat

11:22 pm fitcityindy: What are the benefits of protein powder @Flourish_Girl? #indyfitchat

11:23 pm OnTrackFitness: I found that frozen grapes are a fun snack for kids. #indyfitchat

11:23 pm Flourish_Girl: or I make TACO POPCORN (you could also do ranch or pesto popcorn). Just popcorn, bttr flvld ckg spray, and a pkt of sning mix. #indyfitchat

11:23 pm JenStringer10: RT @Flourish_Girl. A couple of fun ideas: FROZEN YOGURT POPS=4 ingrdients: boiling h2o, SF jello, a banana & LF vanilla yogurt! #indyfitchat

11:24 pm Flourish_Girl: Frozen grapes or strawberries are a PERFECT snack! Kids love finger foods. #indyfitchat

11:24 pm INFOFIT: RT @OnTrackFitness: I found that frozen grapes are a fun snack for kids. #indyfitchat

11:24 pm sweating_it_off: Sounds yum ! RT @OnTrackFitness: I found that frozen grapes are a fun snack for kids. #indyfitchat

11:24 pm Flourish_Girl: And, notice nature never gives us pure sugar without giving us fiber, as evidenced in fruit. It will give your little kiddos- #indyfitchat

11:25 pm SMSgt_Daggett: @fitcityindy Me? Banana - My daughter Pears I think #indyfitchat

11:25 pm Flourish_Girl: energy for the rest of the summer evening, so they won't crave sugar-- or be hyper:) #indyfitchat

11:25 pm OnTrackFitness: It is, try it! :) RT @sweating_it_off Sounds yum ! RT @OnTrackFitness: I found that frozen grapes are a fun snack for kids. #indyfitchat

11:26 pm JenStringer10: Did you answer this one yet? RT @fitcityindy Q2: What are healthy snacks when the sun?s still

- pm out & kids are hungry at 9 pm? #indyfitchat
- 11:27 pm Flourish_Girl: @sweating_it_off Hats off to you and your noble goals!!!! You rock! #indyfitchat
- 11:27 pm JenStringer10: Don't want kids to snack late, but with daylight savings time they're still hungry at 9pm. What's a mom to do? #indyfitchat.
- 11:27 pm Flourish_Girl: Also, you can make your own granola bars for your kids for those summer evenings. Go look at a granola bar box from the store- #indyfitchat
- 11:28 pm fitcityindy: @JenStringer10 We are on that Q2 now. Frozen fruit. yogurt pops and taco popcorn are all suggestions. Any to add? #indyfitchat
- 11:28 pm Flourish_Girl: sugar is listed in the store-bought granola box 11 times! #indyfitchat
- 11:28 pm JenStringer10: RT @Flourish_Girl: sugar is listed in the store-bought granola box 11 times! #indyfitchat
- 11:29 pm fitcityindy: Maybe this shouldn't be a first choice snack. RT @Flourish_Girl: sugar is listed in the store-bought granola box 11 times! #indyfitchat
- 11:29 pm JenStringer10: I see all the responses now. Thanks for the repeat #indyfitchat.
- 11:29 pm Flourish_Girl: Good idea not to eat RIGHT before bedtime, b/c then u won't b hungry for breakfast-- which boost your metabolism!!! #indyfitchat
- 11:29 pm OnTrackFitness: Yikes! RT @Flourish_Girl sugar is listed in the store-bought granola box 11 times! #indyfitchat
- 11:31 pm Flourish_Girl: @SMSgt_Daggett Have you ever done frozen bananas as a snack? #indyfitchat
- 11:31 pm SMSgt_Daggett: @Flourish_Girl I also hate eating and then not letting the body burn ANY of the calories before you go dormant for the night #indyfitchat
- 11:32 pm Flourish_Girl: For granola bars, popcorn, & frozen yogurt recipes: look on the Flourish! FB fanpage..would love to have u as a fan! #indyfitchat
- 11:32 pm Flourish_Girl: Recipes:<http://bit.ly/atQY2k> #indyfitchat
- 11:33 pm SMSgt_Daggett: @Flourish_Girl Frozen Bananas? Is it as simple as throwing one in the freezer, peel and all? Or slice it and freeze it? #indyfitchat
- 11:33 pm Flourish_Girl: @SMSgt_daggett SO TRUE! It's like there's a leftover lump in your tummy! #indyfitchat
- 11:34 pm fitcityindy: Facebook link: <http://bit.ly/b0oPOh> - RT @Flourish_Girl: For all recipes mentioned tonight: look on the Flourish! FB fanpage. #indyfitchat
- 11:34 pm JenStringer10: RT @Flourish_Girl Recipes:<http://bit.ly/atQY2k> #indyfitchat
- 11:34 pm OnTrackFitness: @SMSgt_Daggett just remember your body does all its repairs at night, so you're still burning calories even in sleep. #indyfitchat
- 11:36 pm Flourish_Girl: @SMSgt_daggett Freeze bananas with the peel if you want to make smoothies (another great summer night treat) or #indyfitchat
- 11:37 pm Flourish_Girl: peel banana and put a stick in it and freeze for a frozen banana pop! #indyfitchat
- 11:37 pm SMSgt_Daggett: @OnTrackFitness True, but I'd rather burn the food while awake, and the excess fat/repairs at night, :) #indyfitchat
- 11:37 pm Flourish_Girl: Question: what is everyone's favorite smoothie concoction? Let's get a new one to try! #indyfitchat

pm

11:38 Flourish_Girl: I just made a strawberry-pineapple-ginger smoothie that was mmmmmm.... #indyfitchat

pm

11:38 fitcityindy: RT @Flourish_Girl: Question: what is everyone's favorite smoothie concoction? Let's get a new one to try! #indyfitchat

11:39 Flourish_Girl: strawberries=good for heart; pineapple=good for digestion; ginger=cures nausea! #indyfitchat

pm

11:40 Flourish_Girl: Remember, ginger is a weird ingredient to keep around, but you can freeze the little guy! #indyfitchat

11:40 SMSgt_Daggett: Eating healthy is 20% knowledge and 80% behavior, I know the answers - I just don't follow them often enough. #indyfitchat

11:40 eternallizdom: #indyfitchat Sorry to join in late! But I'm here!

pm

11:41 eternallizdom: #indyfitchat My fave smoothie is plain kefir, frozen unsweet peaches, mango, strawberry, and a touch of honey.

11:41 SMSgt_Daggett: RT @Flourish_Girl: strawberries=good for heart; pineapple=good for digestion; ginger=cures nausea! #indyfitchat

11:41 fitcityindy: Better late than not at all @eternallizdom! Welcome. #indyfitchat

pm

11:42 Flourish_Girl: @SMSgt_Daggett, yes, all about being INSPIRED and MOTIVATION! Which you can get from indyfitchat and hanging around me:) #indyfitchat

11:42 fitcityindy: RT @Flourish_Girl: strawberries=good for heart; pineapple=good for digestion; ginger=cures nausea! #indyfitchat

11:42 Flourish_Girl: @eternallizdom GOOD to see you LIZ! Welcome! #indyfitchat

pm

11:44 fitcityindy: We have time for one more. Q3: What are different ways to make summer dinners fun, especially for kids? #indyfitchat

11:44 eternallizdom: Granola: Scholar's Inn makes some that is mostly sweetened with coconut. Much lower in sugar than most! #indyfitchat

11:45 that_girl_lola: #indyfitchat "fun tacos" with fresh ingredients they put together themselves.

pm

11:45 Flourish_Girl: Hmm...start an "Dinner Ideas" vase. Let ur kids decorate it with stickers, and then let everyone put their own ideas on slips #indyfitchat

11:46 SueG2H: So yummy! RT @sweating_it_off: Sounds yum ! RT @OnTrackFitness: I found that frozen grapes are a fun snack for kids. #indyfitchat

11:46 OnTrackFitness: RT @Flourish_Girl strawberries=good for heart; pineapple=good for digestion; ginger=cures nausea! #indyfitchat

11:46 eternallizdom: Dinner idea: Muffin tin meals. Different fruit, cheese, etc divided into muffin tins. Google it for oodles of ideas! #indyfitchat

11:46 Flourish_Girl: of paper. Pull 1 or 2 out each week, and let your child make dinner w/ you! Ideas are: make your own take out, carpet picnic, #indyfitchat

11:47 that_girl_lola: especially if they help make or cut up the veggies and items for those tacos. #indyfitchat

pm

11:47 eternallizdom: My kids also love my egg carton snack tray- great to store fruit and keep in fridge. #indyfitchat

pm

11:47 lisavielee: We also do that with wheat pita pizzas. RT @that_girl_lola: #indyfitchat "fun tacos" with fresh

pm ingredients they put together themselves.

11:47 pm SMSgt_Daggett: @fitcityindy make dinner fun? Do it daily - make it a family routine - prioritize it. It nourishes the body and soul #indyfitchat

11:47 pm Flourish_Girl: backyard picnic, pizza party (homemade, of course:), smoothies & popcorn for dinner (more nutritious than most meals:), anythg! #indyfitchat

11:48 pm JenStringer10: Letting kids make their own fruit kabobs or put together their own veggie packets to put on the grill is fun #indyfitchat

11:48 pm Flourish_Girl: @eternallizdom --- GREAT idea! I'm totally using it for my husband! (and me, and my 1yr old:) #indyfitchat

11:48 pm SMSgt_Daggett: @Flourish_Girl The dinner vase is a GREAT idea - Thanks! See, who says twitter isn't educational #indyfitchat

11:48 pm fitcityindy: RT @Flourish_Girl: Smoothies & popcorn for dinner - more nutritious than most meals. #indyfitchat

11:49 pm eternallizdom: My kids also think it's cool to eat with sticks- skewers- instead of forks. Or use chopsticks. #indyfitchat

11:49 pm Flourish_Girl: @that_girl_lola YES! Kids want to eat what they help create, and will make them fall in love w/ healthy food... #indyfitchat

11:49 pm that_girl_lola: @lisavielee good idea on the pizzas, didn't think of that before #indyfitchat

11:50 pm Flourish_Girl: 2nd idea: a CHATTERBOX! Ready for this: decorate a small box w/ a lid (meijer has some cool ones cheap), and put many ?s in it- #indyfitchat

11:50 pm eternallizdom: I had cucumber in my water at dinner and my 5 y/o was floored "Mommy? There is SALAD in your water?!" #indyfitchat

11:51 pm JenStringer10: RT @ Flourish_Girl @that_girl_lola Kids want to eat what they help create, and will make them fall in love w/ healthy food... #indyfitchat

11:51 pm Flourish_Girl: such as what if questions: If you were an animal, what would you be and why? If you could meet one president, who would it b? #indyfitchat

11:52 pm Flourish_Girl: A "chatterbox" helps make dinnertime conversation silly or serious! Think of any question you can! Everyone come up w/ one now: #indyfitchat

11:53 pm Flourish_Girl: @eternallizdom that's hilarious! Out of the mouth of babes... #indyfitchat

11:54 pm eternallizdom: C-box Q: What are 3 things you want to do this weekend? #indyfitchat

11:54 pm fitcityindy: Chatterbox idea from @Flourish_Girl is great one. @SMSgt_Daggett said it too. Feed the mind and body at dinner. #indyfitchat

11:54 pm that_girl_lola: @Flourish_Girl my oldest daughter isn't picky- but she'll try anything if she's helped cook it! #indyfitchat

11:55 pm lisavielee: We ask "what was best/worst part of your day?" RT @Flourish_Girl: 2nd idea: a CHATTERBOX! (for dinner conversation) #indyfitchat

11:55 pm JenStringer10: "chatterbox" question: what movie could you watch over & over again? #indyfitchat

11:55 pm SMSgt_Daggett: I dont know the stats but too many families don't regularly eat dinner together. Even when they have the opportunity to. #indyfitchat

11:55 pm Flourish_Girl: my dinr chatterbox ?: "if you could be accredited for one invention, what would it be & why?" (2b used @ dinner 2morrow nite!) #indyfitchat

11:57 pm Flourish_Girl: Yes, why don't we all make a challenge to eat w/ our families 3 nights/wk, & see how it chnges

pm family health & outlook?! #indyfitchat

11:57 pm eternallizdom: @lisavielee We do that, too. We also talk about our food choices. What did you have for bkfst, lunch? #indyfitchat

11:57 pm that_girl_lola: @SMSgt_Daggett We eat 2gether every night,at our table as often as possible.Only if out of town or weird shifts does it deviate #indyfitchat

11:57 pm JenStringer10: another chatterbox Q: where was your favorite family vacation and what did you like best about it? #indyfitchat

11:58 pm eternallizdom: @lisavielee My kids eat at school, daycare. Talking about previous meals gives me a chance to teach about healthy choices. #indyfitchat

11:58 pm SMSgt_Daggett: @lisavielee we do that too, 3 good things about the day, then 3 bad, round robin, one at a time #indyfitchat

11:58 pm eternallizdom: What about healthy eating when on vacation and out of normal routine, traveling? #indyfitchat

11:59 pm Flourish_Girl: You all give ME so many good ideas! Thank you & stay motivated! A healthy, high-energized life & outlook is WORTH it! #indyfitchat

11:59 pm that_girl_lola: CboxQ: how did you make someone smile today? (this should be a fun answer from my 3yo) #indyfitchat

11:59 pm SMSgt_Daggett: @eternallizdom traveling is my downfall - I dont eat well on the road, and the habbits follow me home #indyfitchat

11:59 pm Flourish_Girl: @eternallizdom Grt qstion. I take snack baggies of blanched almonds & dried mangoes, or walnut + dried blueberries. #indyfitchat

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fitcityindy: We will collect all these great chatterbox questions and post on the @fitcityindy web site and send you all a link! #indyfitchat

Flourish_Girl: @that_girl_lola I want to know what your 3yo response is! #indyfitchat

eternallizdom: RT @that_girl_lola: CboxQ: how did you make someone smile today? (this should be a fun answer from my 3yo) #indyfitchat

that_girl_lola: @eternallizdom #indyfitchat I try planning ahead- best way to succeed but eating whole/fresh foods is 2nd best if it can't be planned

Flourish_Girl: Traveling should be our next topic, huh???) #indyfitchat

JenStringer10: Good night @Flourish_Girl @ fitcityindy & all! Thanks for the great ideas #indyfitchat.

12:01 am eternallizdom: Yes! But before next week. Ha! RT @Flourish_Girl: Traveling should be our next topic, huh? #indyfitchat

12:01 am that_girl_lola: @SMSgt_Daggett I struggle when I travel 2-if I'm gone more than 3days,let myself splurge on one meal- and be on pt with others. #indyfitchat

12:01 am SMSgt_Daggett: RT @Flourish_Girl: Traveling should be our next topic, huh???) #indyfitchat ((AGREED))

12:01 am Flourish_Girl: Thanks for joining, everyone! Don't forget to look 4 recipes on Flourish! Facebook fanpage, & share your ideas! #indyfitchat

12:02 am fitcityindy: Yes, let's make "eating on the run/on vacation" a topic soon! Cuz our hour (+ a few minutes) has gone super fast. #indyfitchat :-)

12:02 am fitcityindy: Thank you @Flourish_Girl for another great hour of tips and ideas for eating that is healthy and fun! #indyfitchat

12:02 am eternallizdom: @Flourish_Girl Thank you for the chat tonight! Always a pleasure!! #indyfitchat

am

12:03 am eternallizdom: @fitcityindy Thank you for another great chat session! #indyfitchat

am

12:03 am fitcityindy: Our next #indyfitchat is June 8 at 7 pm. What other topics would you like to discuss on #indyfitchat? Send us your ideas for future chats.

12:04 am SMSgt_Daggett: Very fun! Thanks #indyfitchat perhaps we schedule a chat and tweetup at the same time, sometime??

12:08 am Indianawinebabe: Sorry I missed this! I'm trying to maintain my good eating and fitness while being 24wks preppers w/#3! I'll join next chat #indyfitchat

12:09 am eternallizdom: @Indianawinebabe Hey!! I was enjoying a glass of Malbec the other evening and thought of you! Please do join next time! #indyfitchat

12:10 am eternallizdom: Sounds like healthy eating and exercise while pregnant / nursing might be a good topic! #indyfitchat

12:11 am SMSgt_Daggett: @eternallizdom Im sure I'll be traveling that week, (preppers/nursing chat) #indyfitchat

12:12 am Indianawinebabe: I miss wine right now!! Hope it was good! RT @eternallizdom: Hey!! I was enjoying a glass of Malbec the other evening #indyfitchat

12:12 am that_girl_lola: @SMSgt_Daggett love that idea, tweetup and #indyfitchat

12:15 am fitcityindy: We agree! We'll work on getting something set up. RT @that_girl_lola: @SMSgt_Daggett love that idea, tweetup and #indyfitchat

1:00 am coachanthony79: RT @OnTrackFitness: RT @Flourish_Girl strawberries=good for heart; pineapple=good for digestion; ginger=cures nausea! #indyfitchat